SPRING
No. 8
BOYS
ACME
COLLECTOR'S EDITION
2nd
A SHOWCASE OF THE YOUTH OF THE WORLD TODAY

ROY BARRETT
(Rikki)

BOYS

NO. 8

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BOYS

SUMMER 1968

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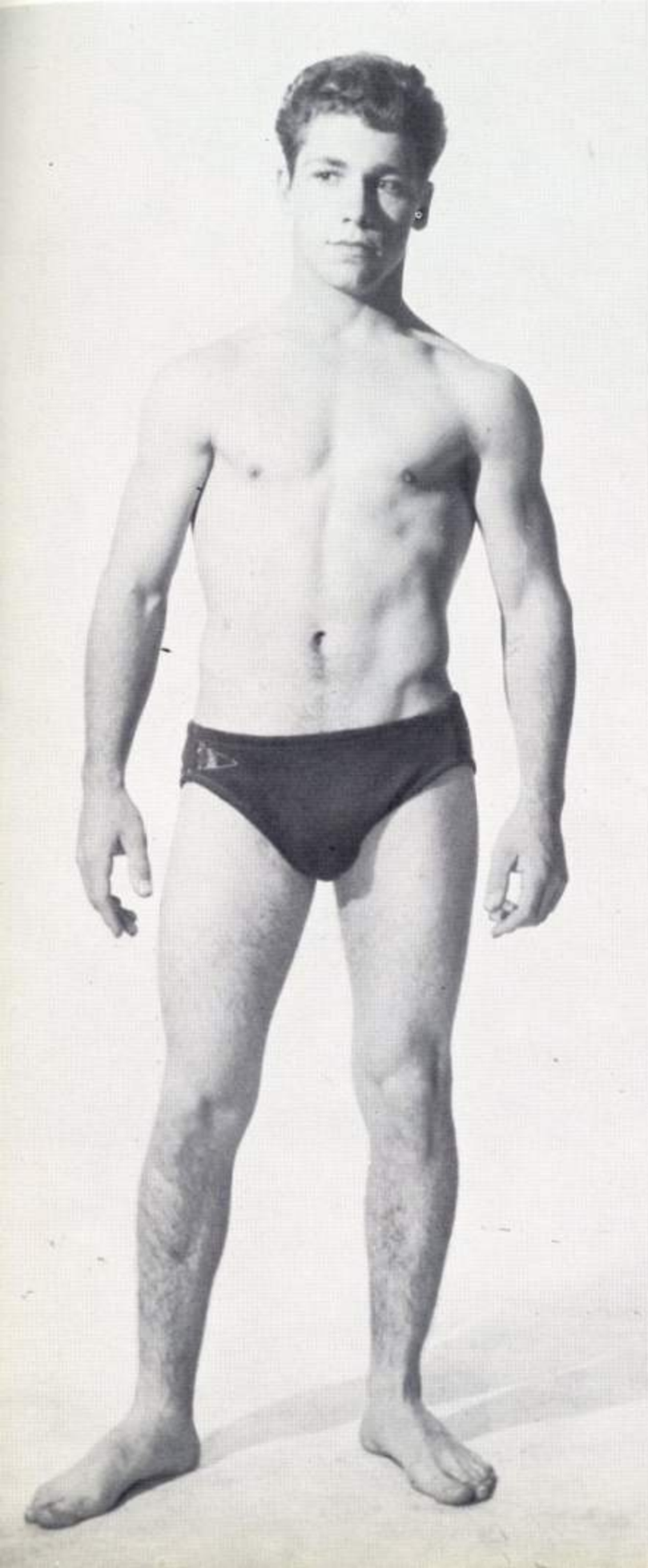
JIM COLLETTE



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by

MALIBU

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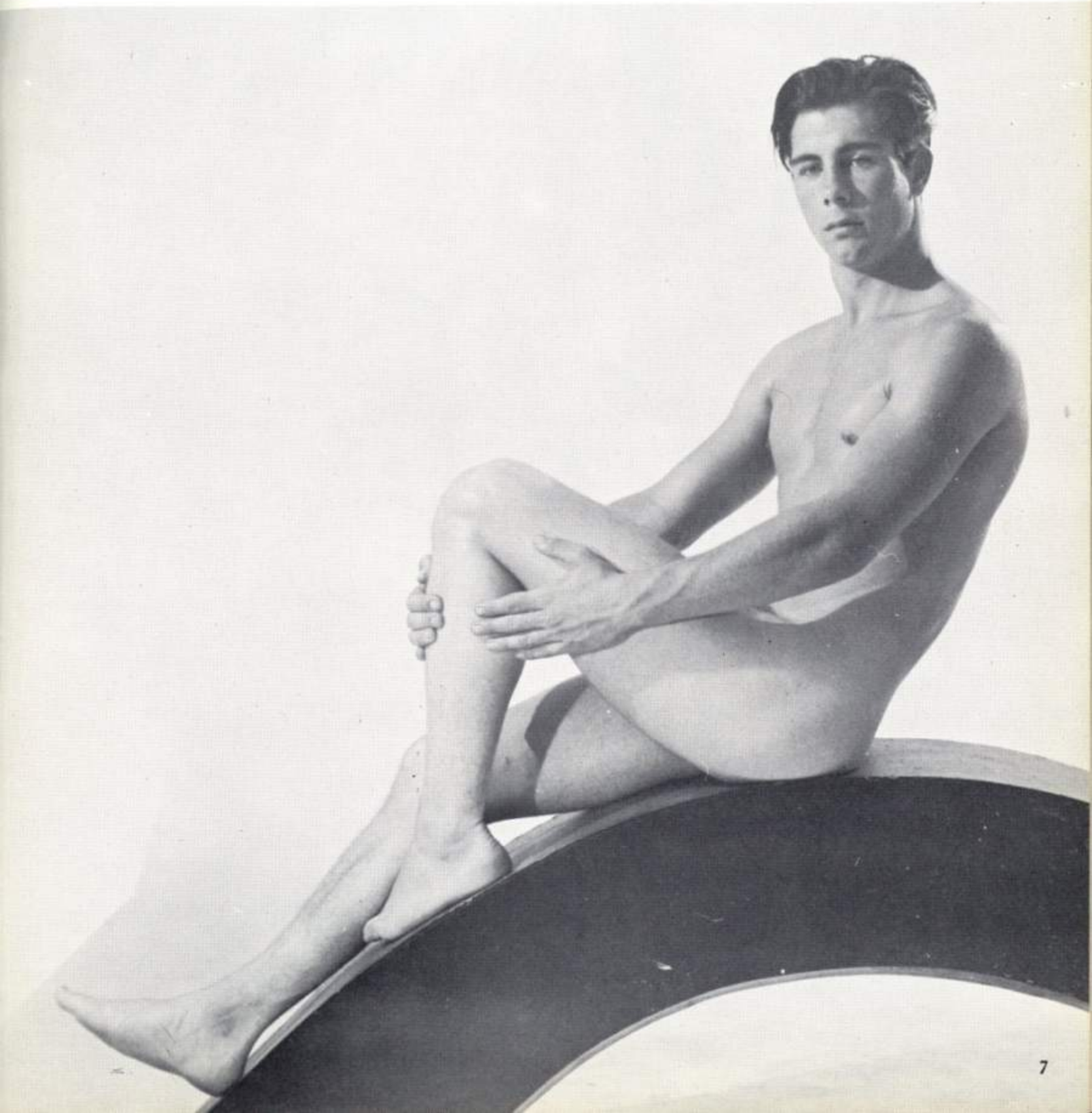
MALIBU

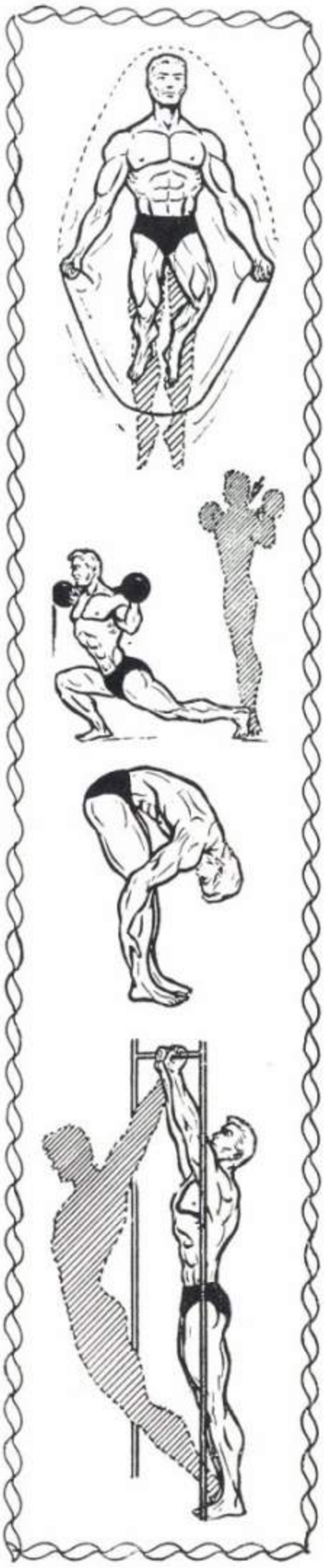
Two Studies of

JOHN STONE



JESSIE BRIGGS
(Bruce)

THE TRUE VALUE OF PROPER TRAINING



IT'S the easiest thing in the world to become a little slipshod in your body-building activities—and the unfortunate thing is you may not be aware of it!

Training hard is one thing; training hard and correctly is quite different!

Perhaps the commonest bad habit that prevails amongst the slap happy trainees is the tendency to perform exercises incompletely.

It is generally known that to exercise a muscle thoroughly, it should be worked through its full range of action, yet nine fellows out of ten ignore this important rule, and slave away merrily on incomplete movements.

The result is incomplete development and faltering progress.

STEADY progress and a better looking physique can be assured if you add that finishing touch to every exercise you perform. Do your exercises properly, and you will be rewarded with fine quality muscle.

In all pressing movements overhead, be sure to completely straighten the elbows with every repetition. Don't loosely straighten arms. Reach up as high as you can and forcibly lock those elbows. Your triceps and deltoids will mushroom out under this treatment.

The same also applies to the legs. When you perform the Squat or Deep Knees Bend, straighten your legs completely as you rise. Press the knees back and vigorously tense the muscles of the thighs.

Tonight, when you begin your training schedule, just check to see if you are a slip-shod bodybuilder. If you are, you must put things right at once. You'll be surprised how much bigger and quicker your gains will be.

by
ROGER WINTER

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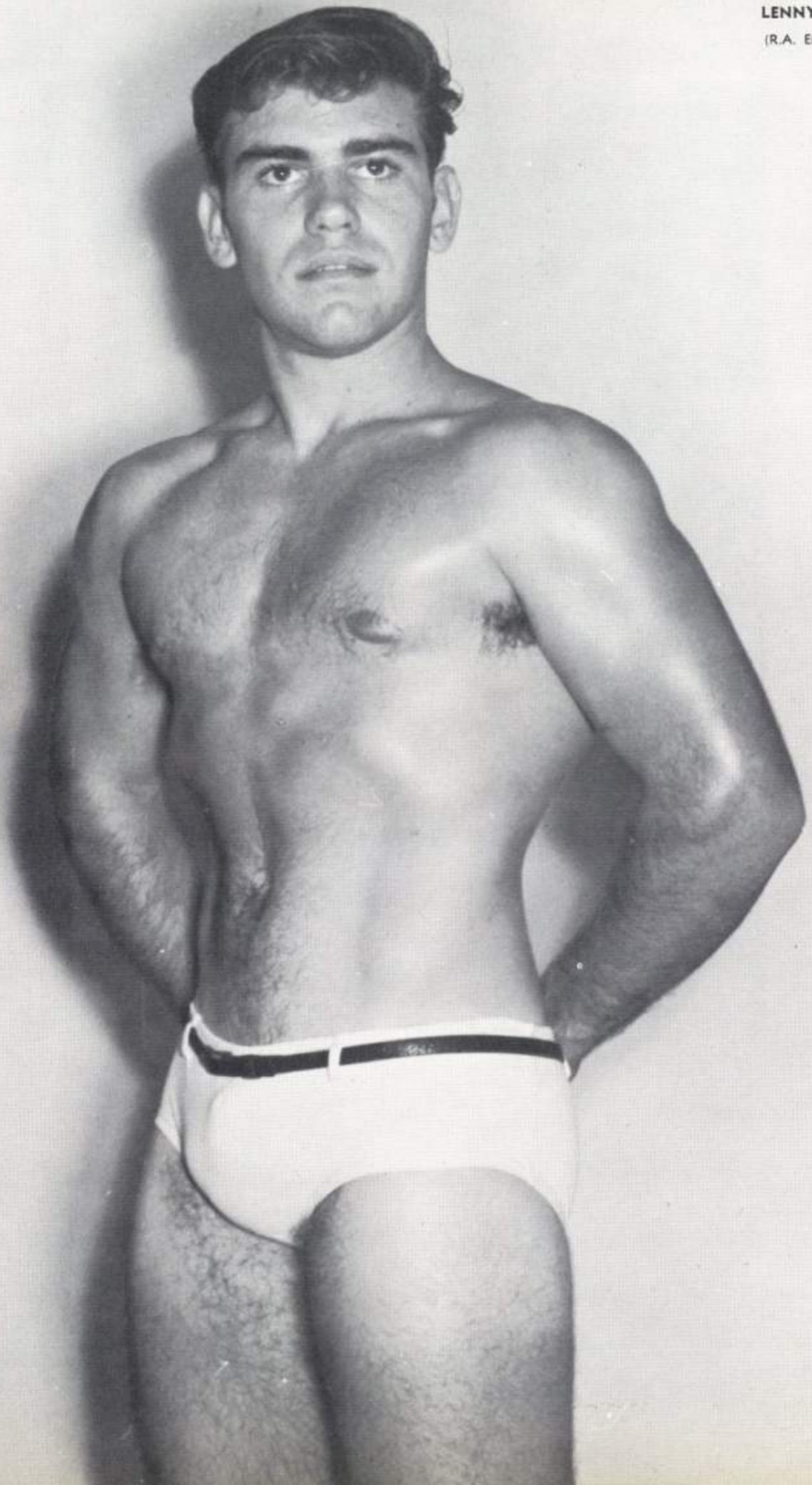

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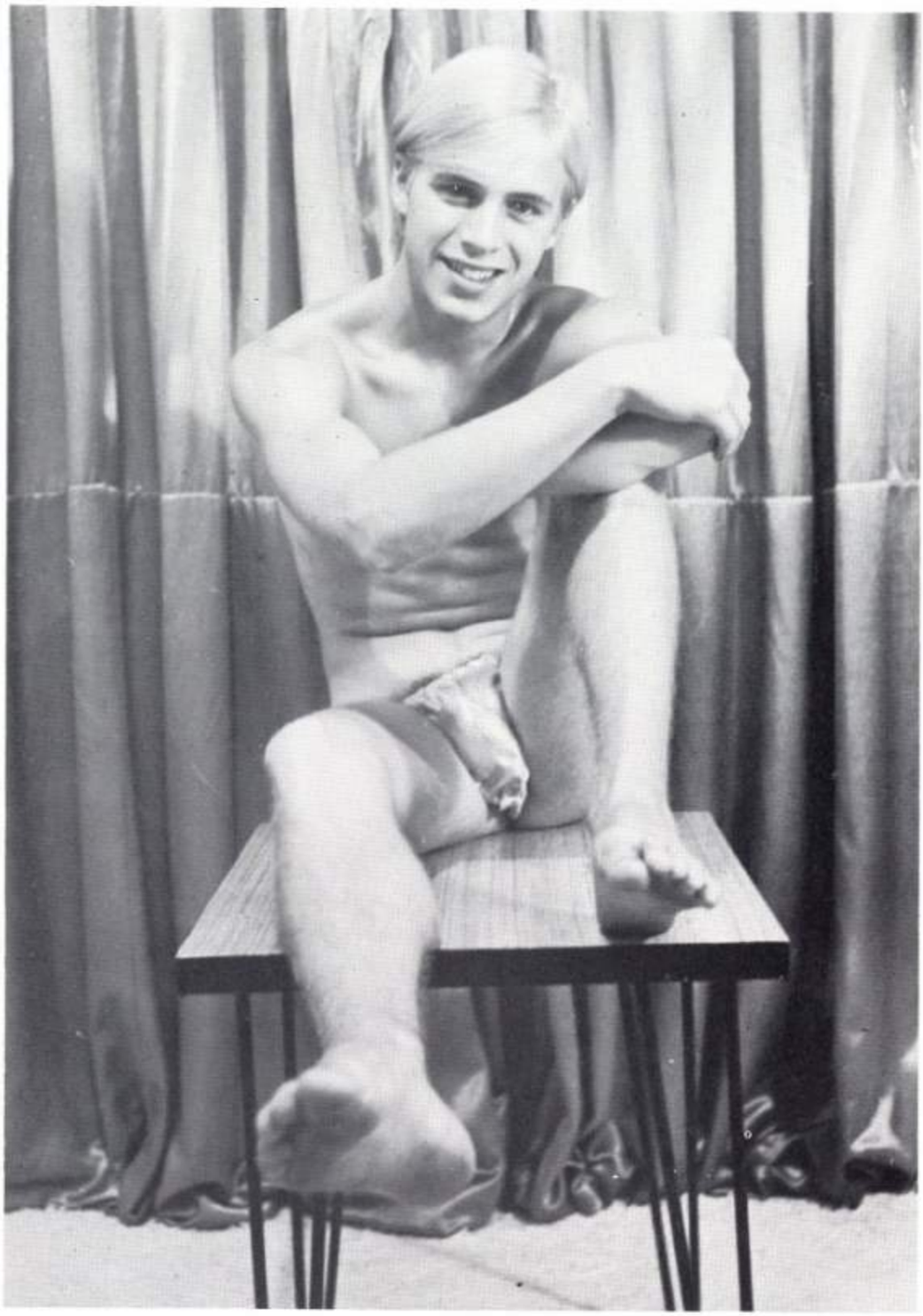

TOMMY TUCKER

He won't have to sing
for *his* supper!

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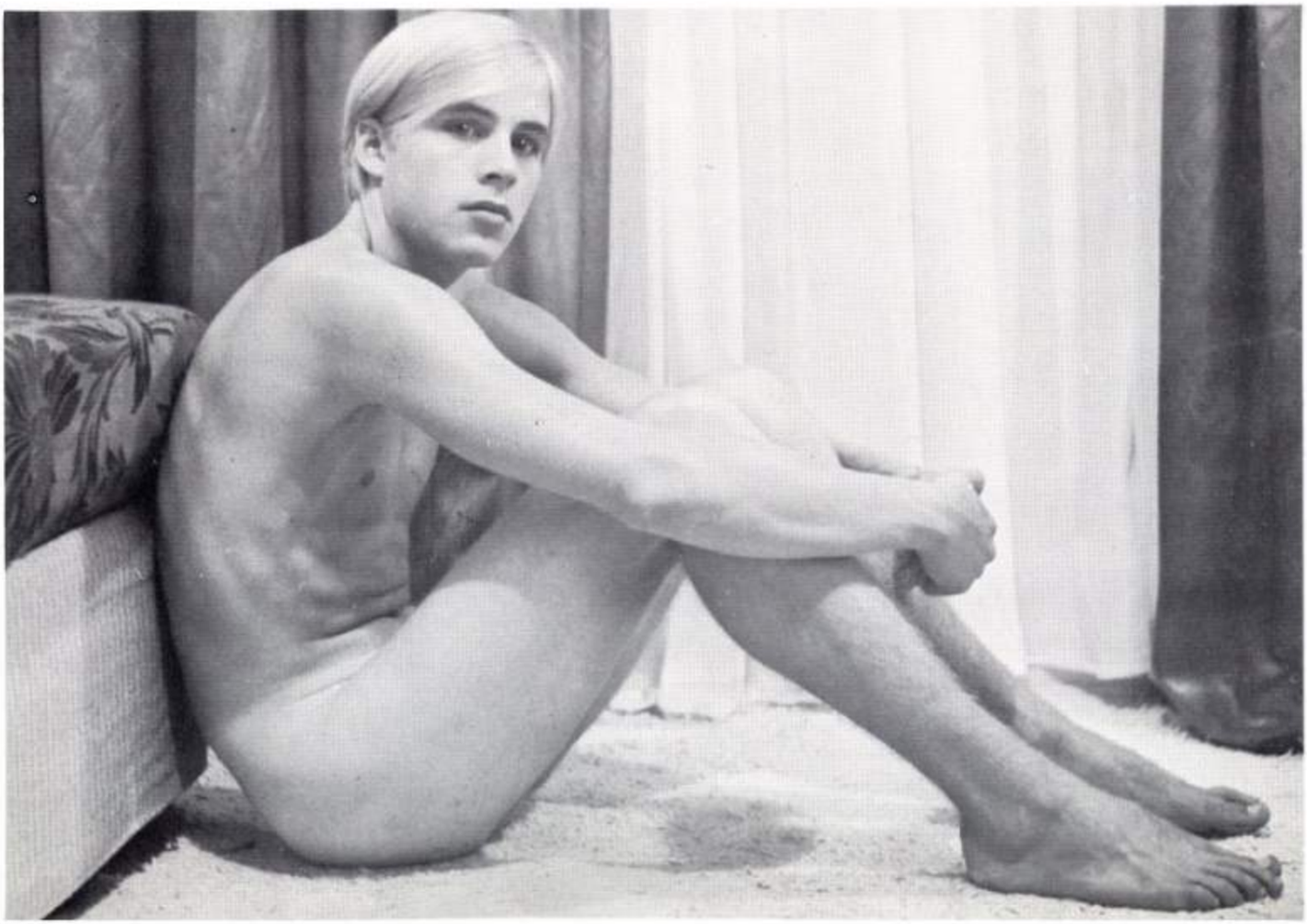
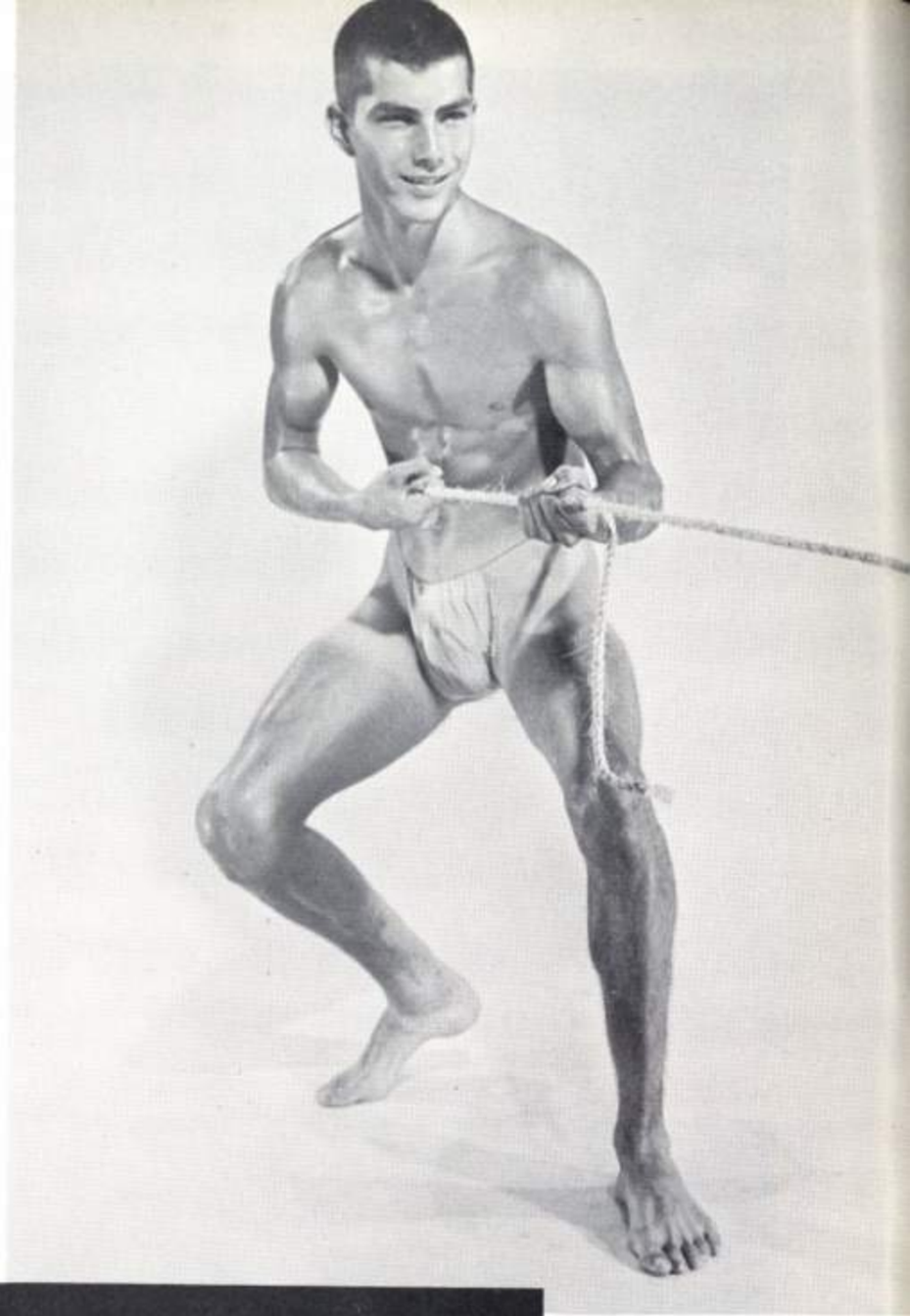


LARRY OZ



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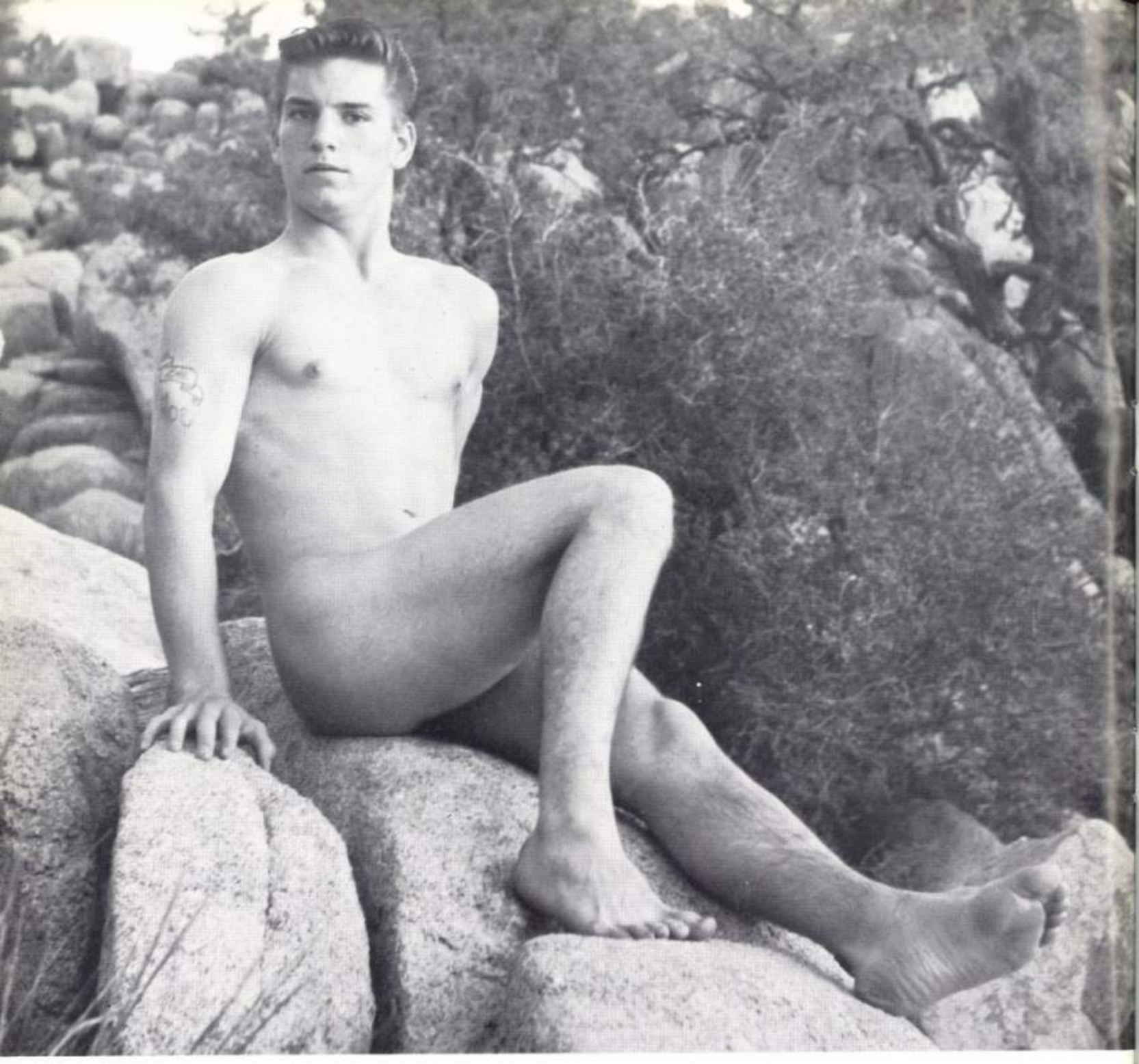

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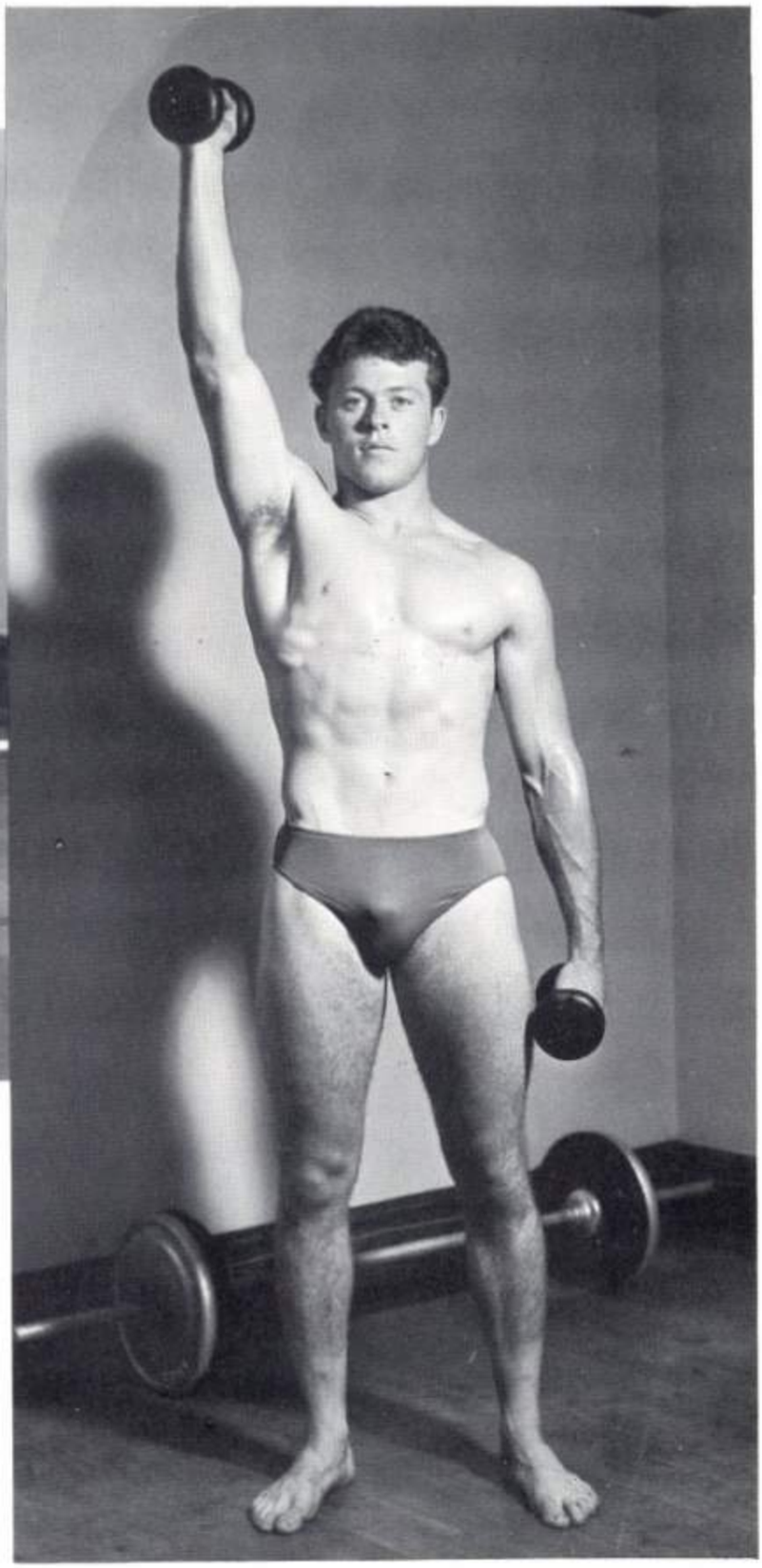
"HACK" SQUAT



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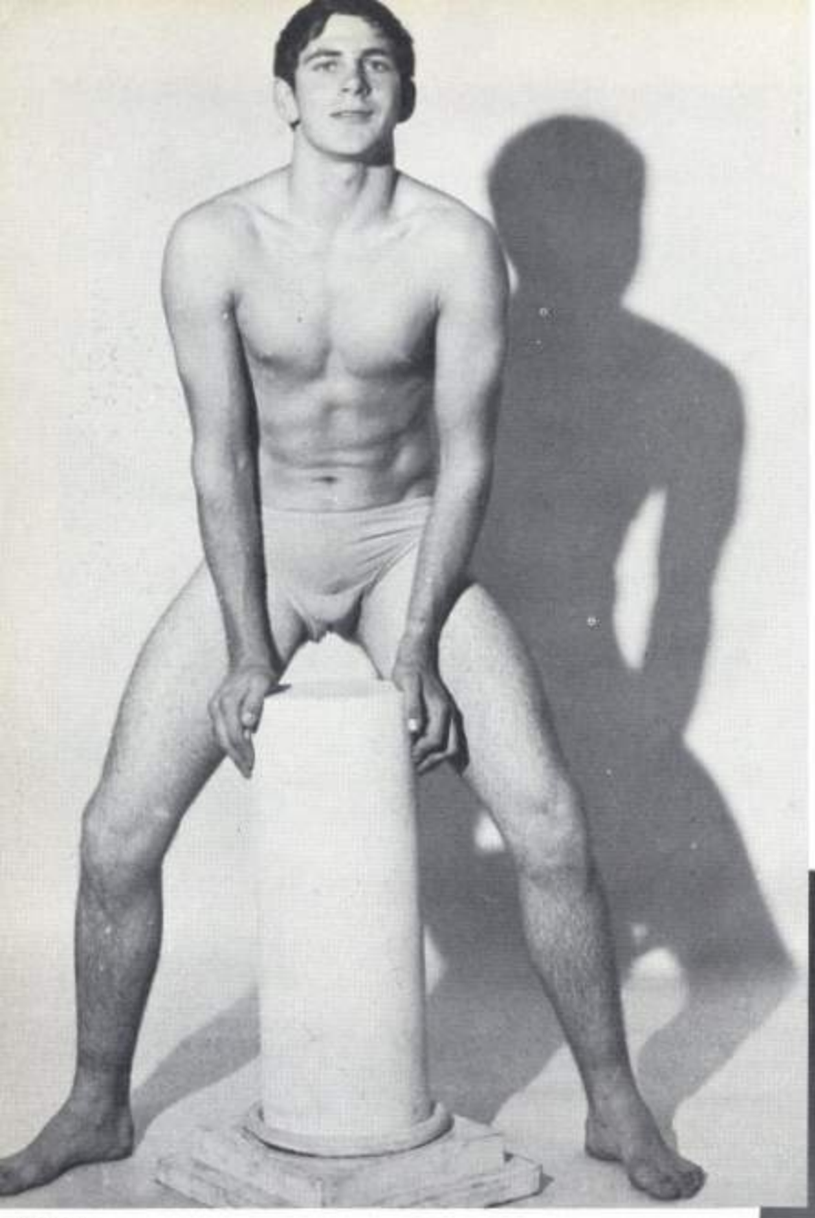

Galaxy

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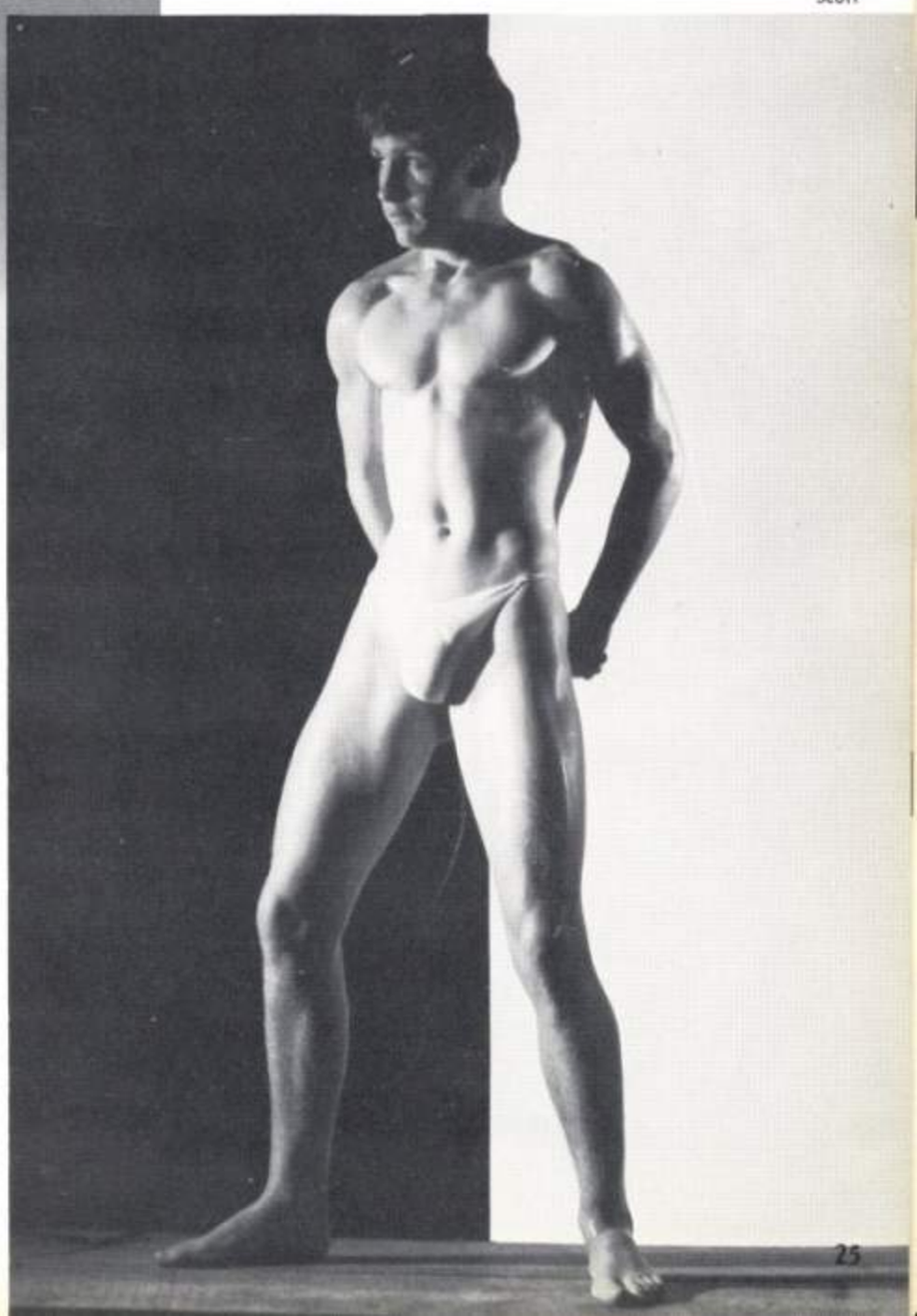
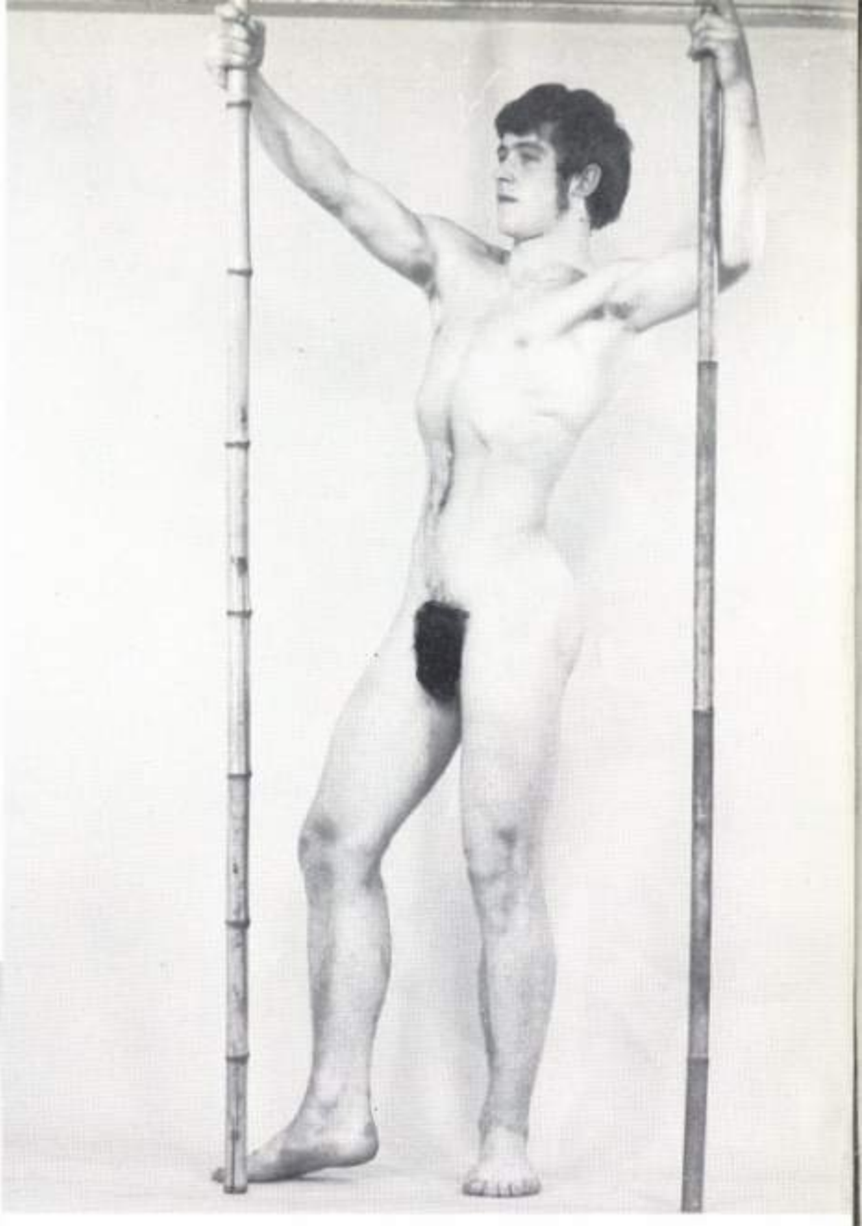


ARTHUR TUBB

Terry Dot

from
London, England



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Two Studies of

KIRT LOADER

YOUNG SWIMMING CHAMP

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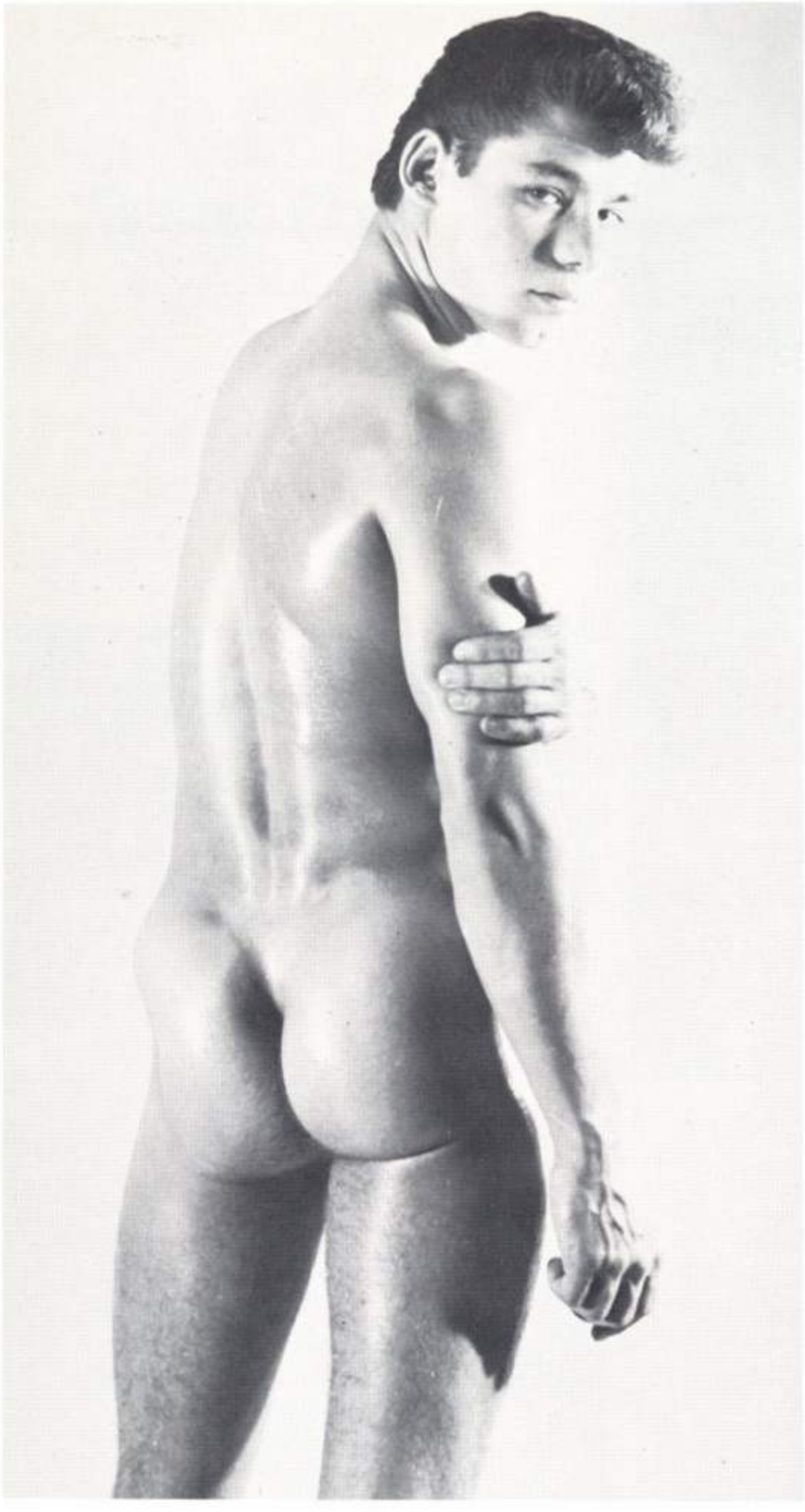
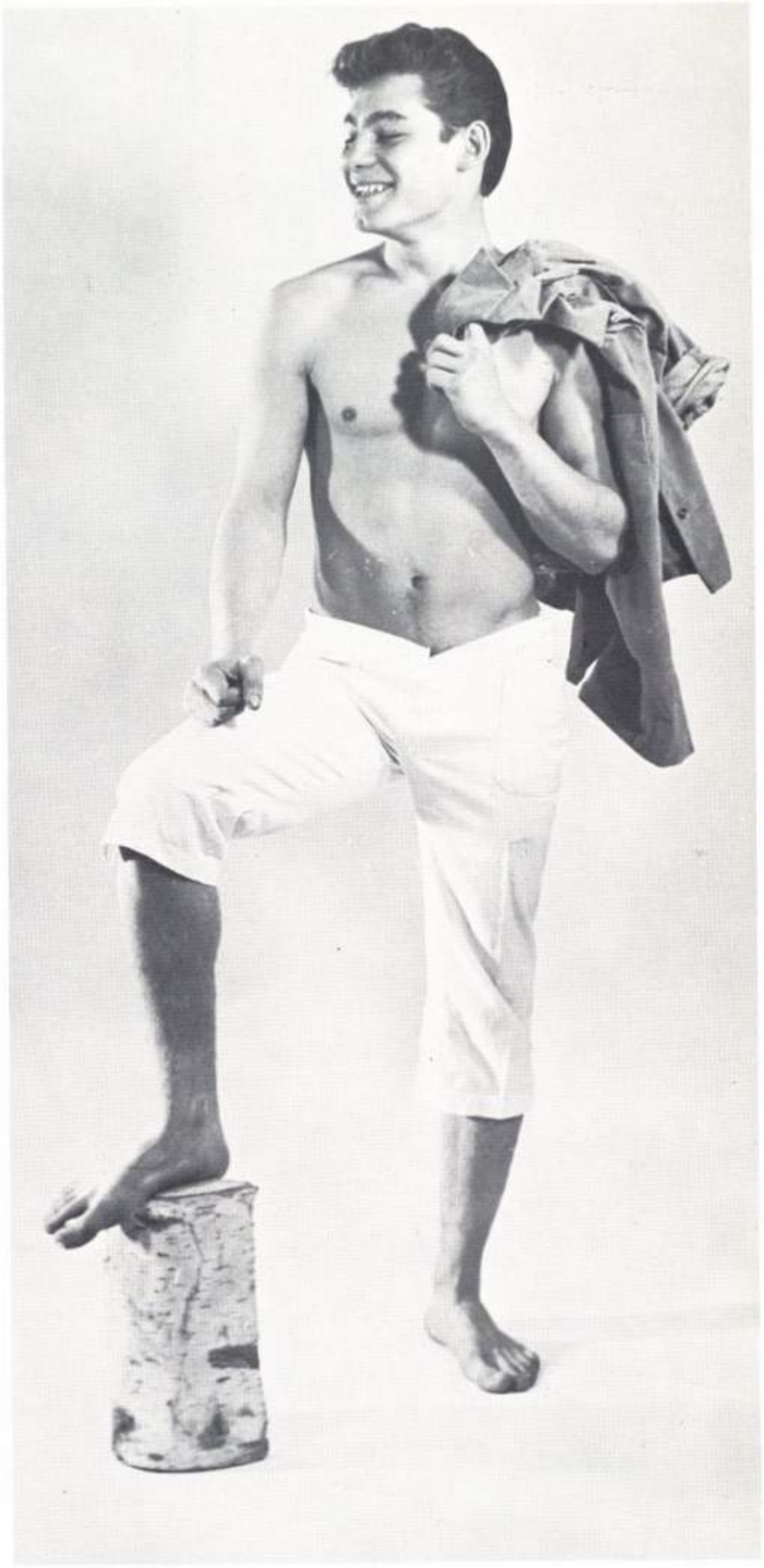


BRIAN
BAXTER

Popular Young Canadian



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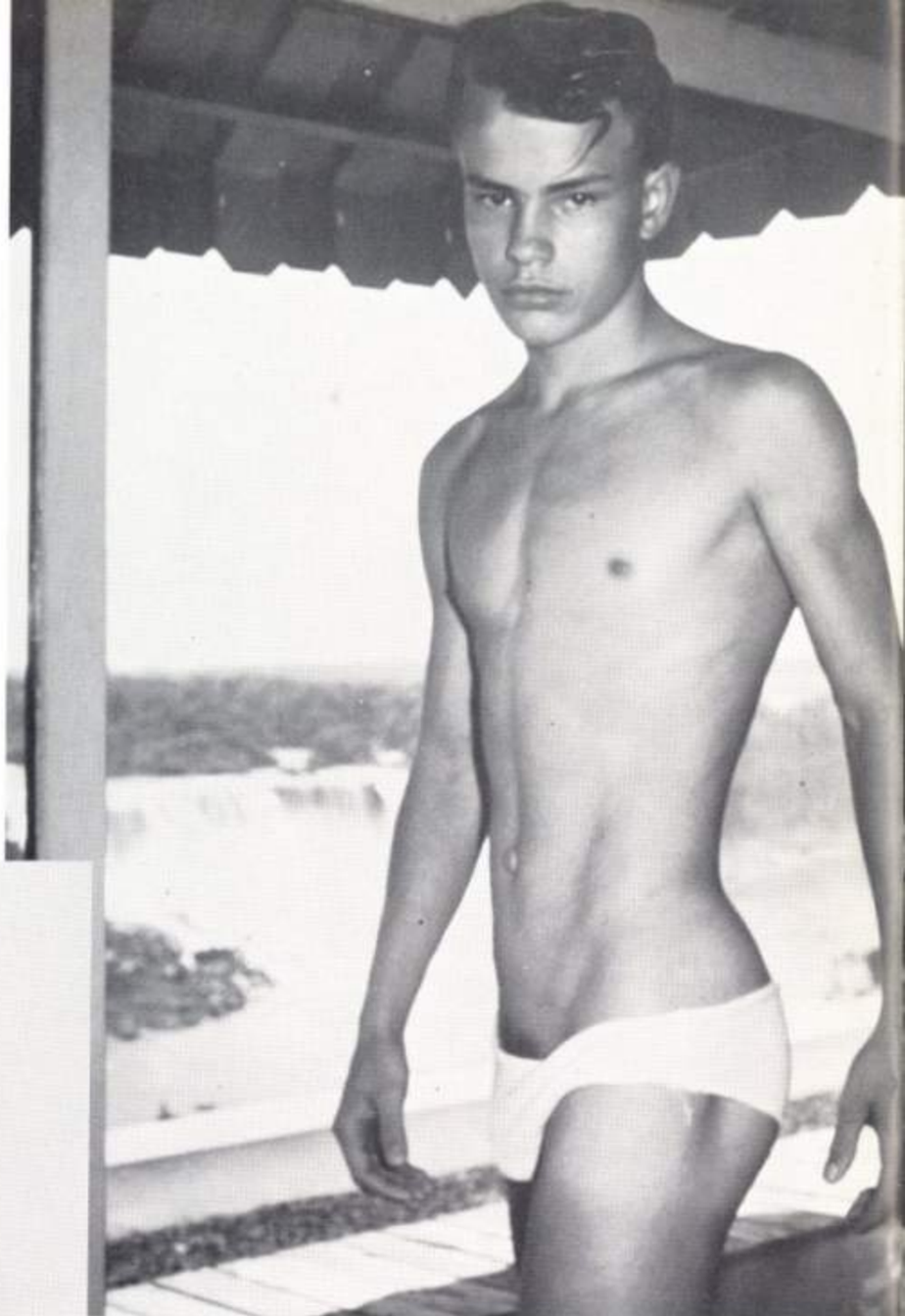
Canada

TWO YOUNG
MODELS
FROM
CHAMPION STUDIOS



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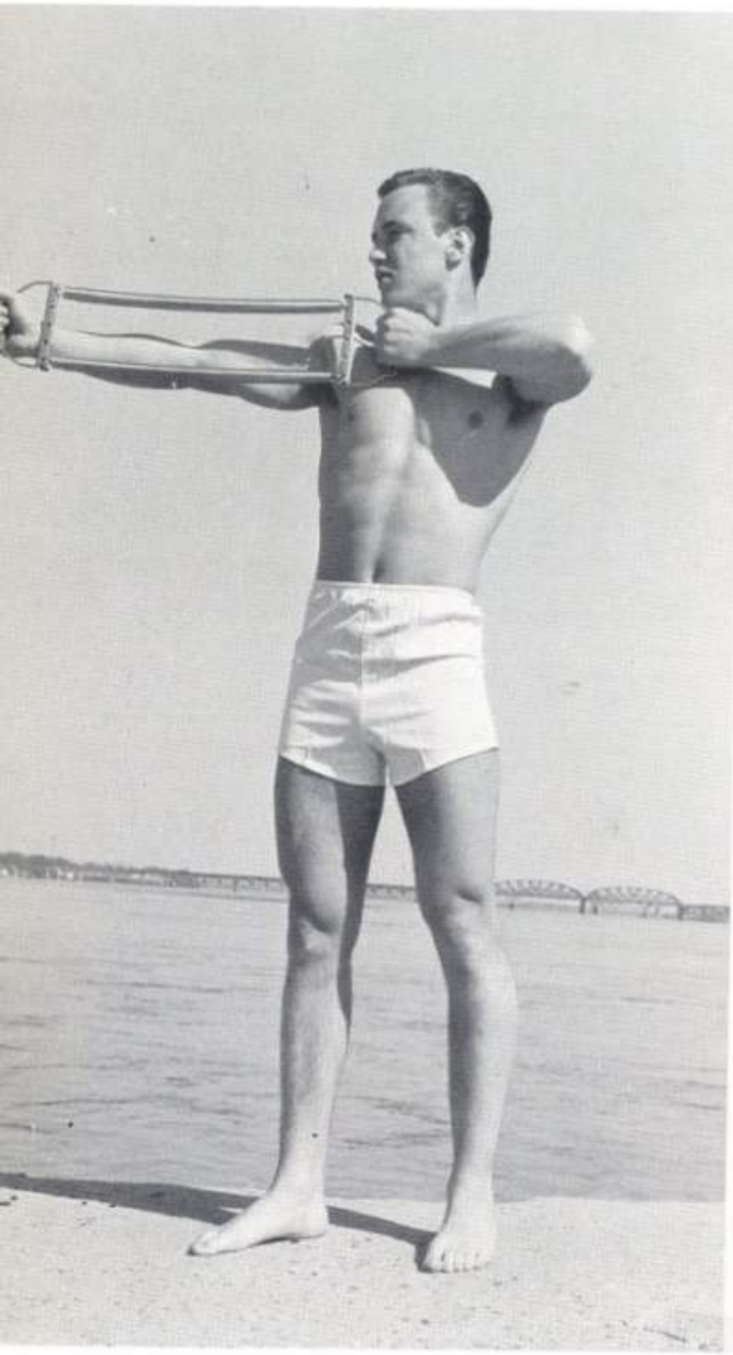
DANA SUMERS

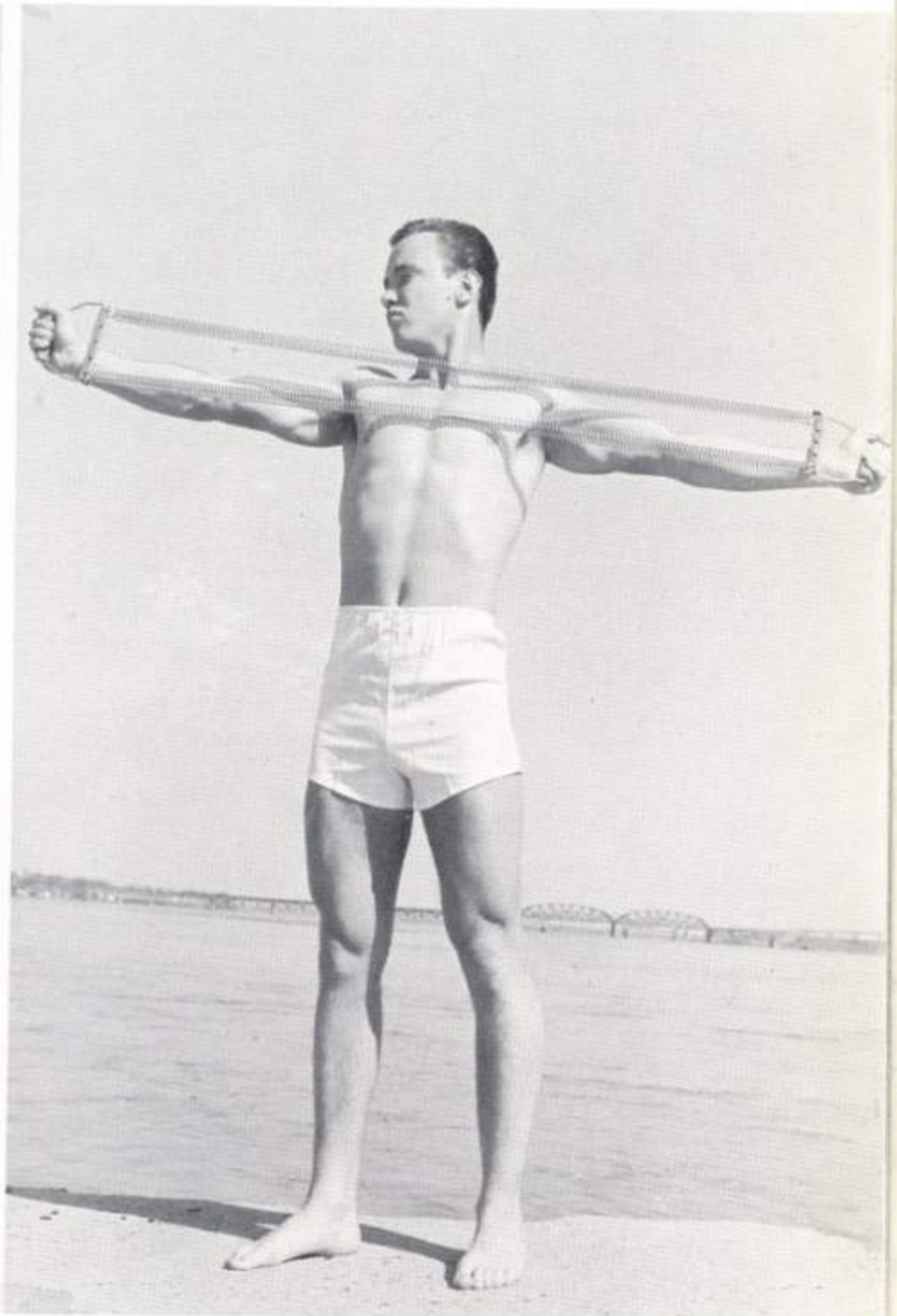
LANCE INGRAM

(Malibu)

EXERCISE WITH YOUR HOME GYM SET

THE STRETCH-OUT





Cables can be a most valuable asset in helping to develop the various muscles that make up the body. It is also good to know that you can take them outdoors or wherever you go and with them get a real good workout for any muscle that you feel needs developing. As most bodybuilders strive hardest for good definition, we can with enthusiasm recommend the exercise which is illustrated above. Why not try using the TM HOME GYM SET this summer? This is only one of the many exercises you can do with this fabulous set and you will be most pleased with the results. For more details see the ad on the next page.

Model: STEVE BELDING

Photos: MARK-ONE

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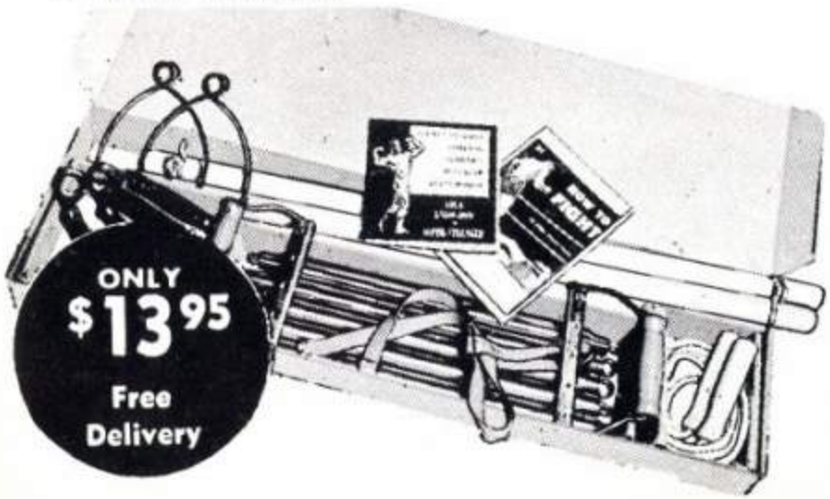

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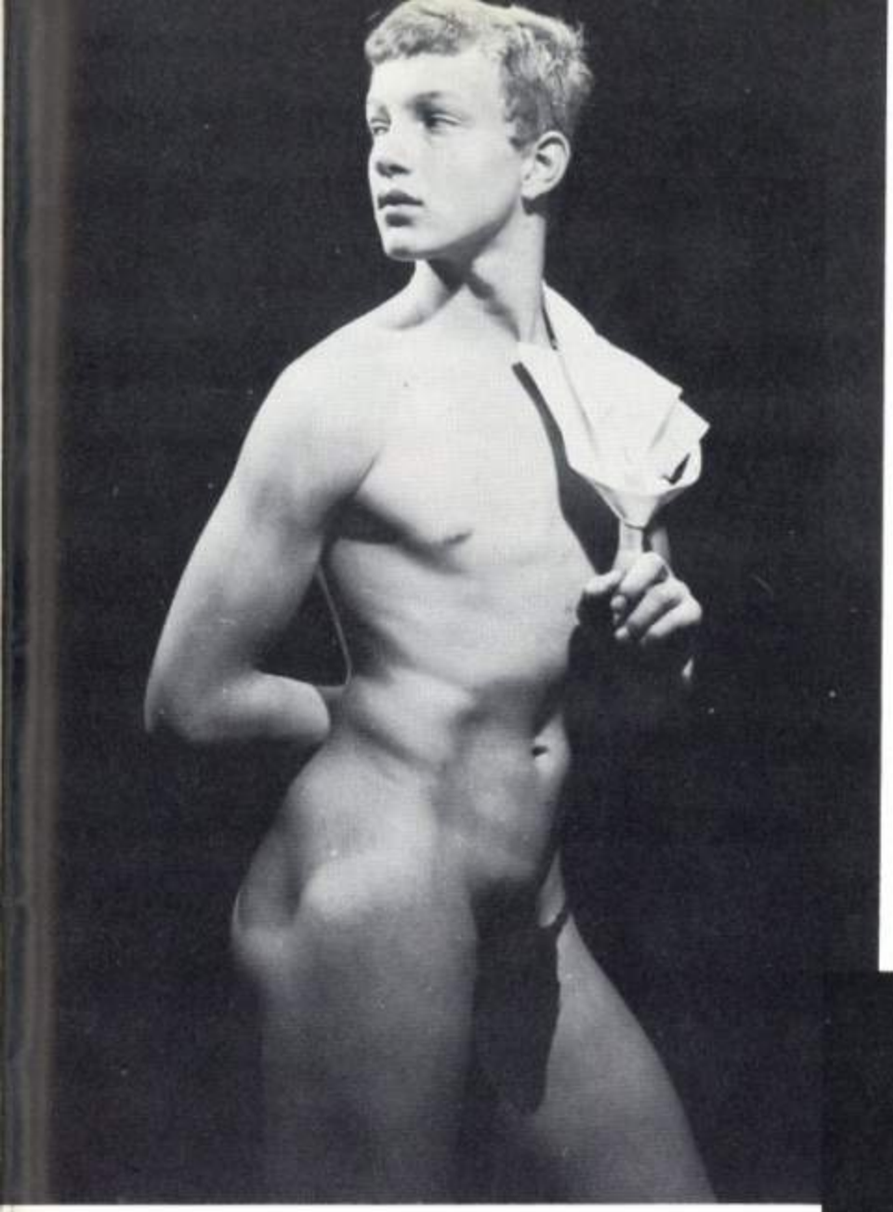

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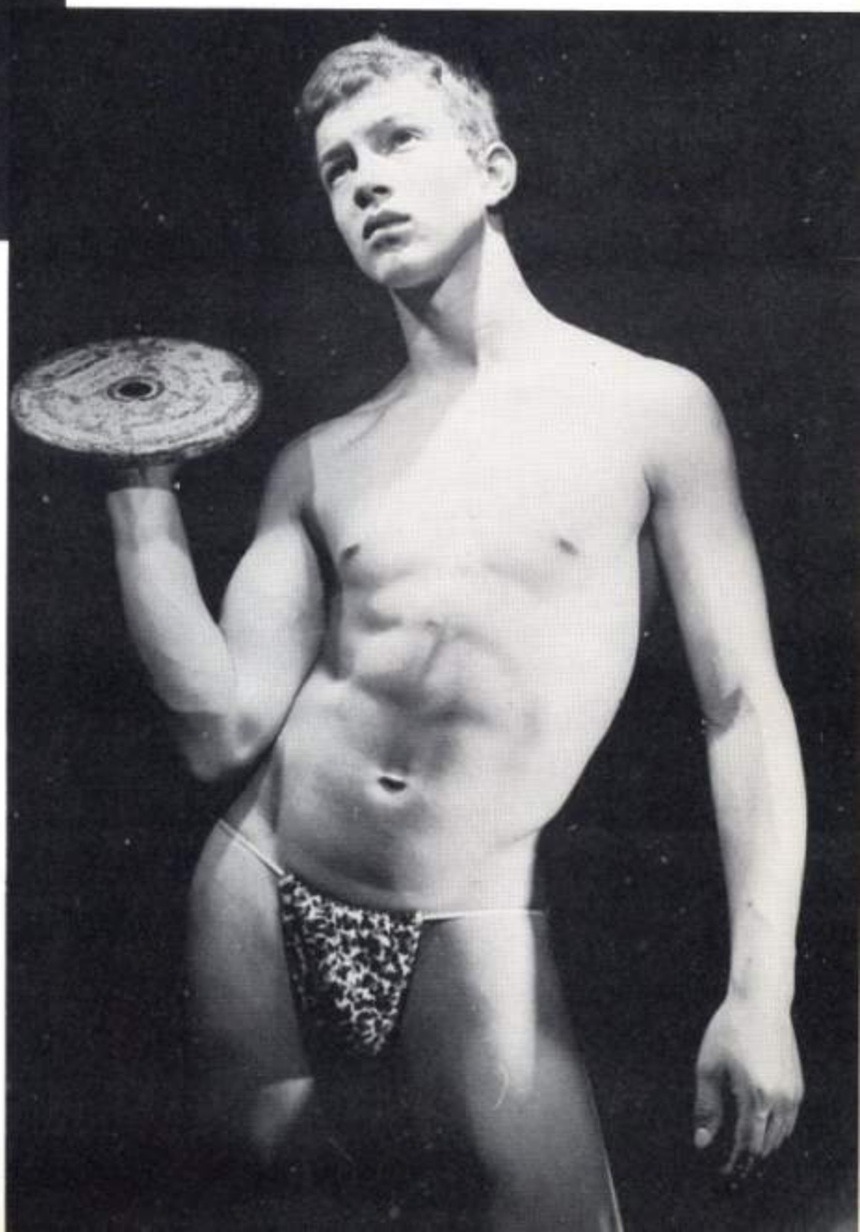

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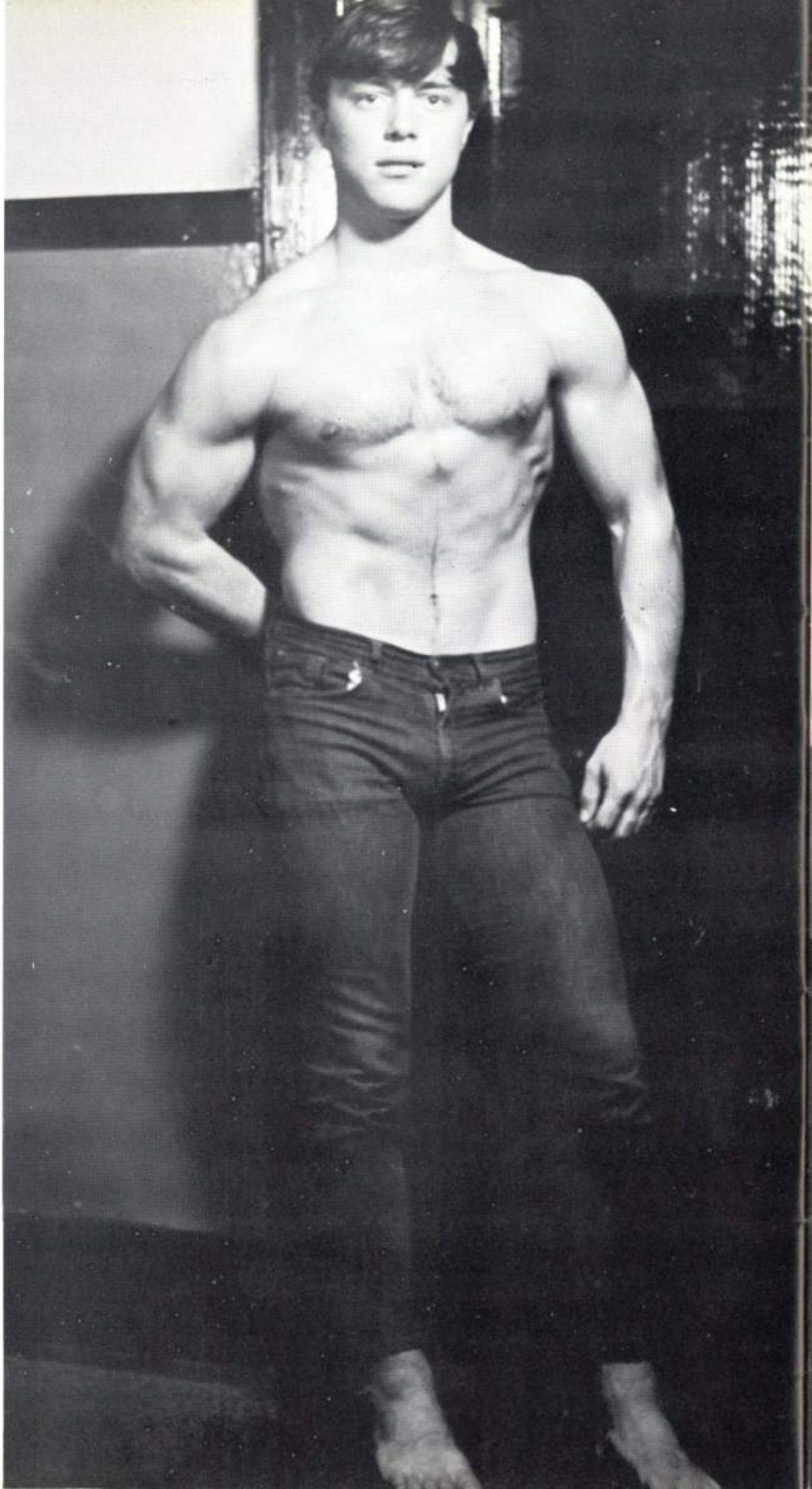
MIKE SMITH



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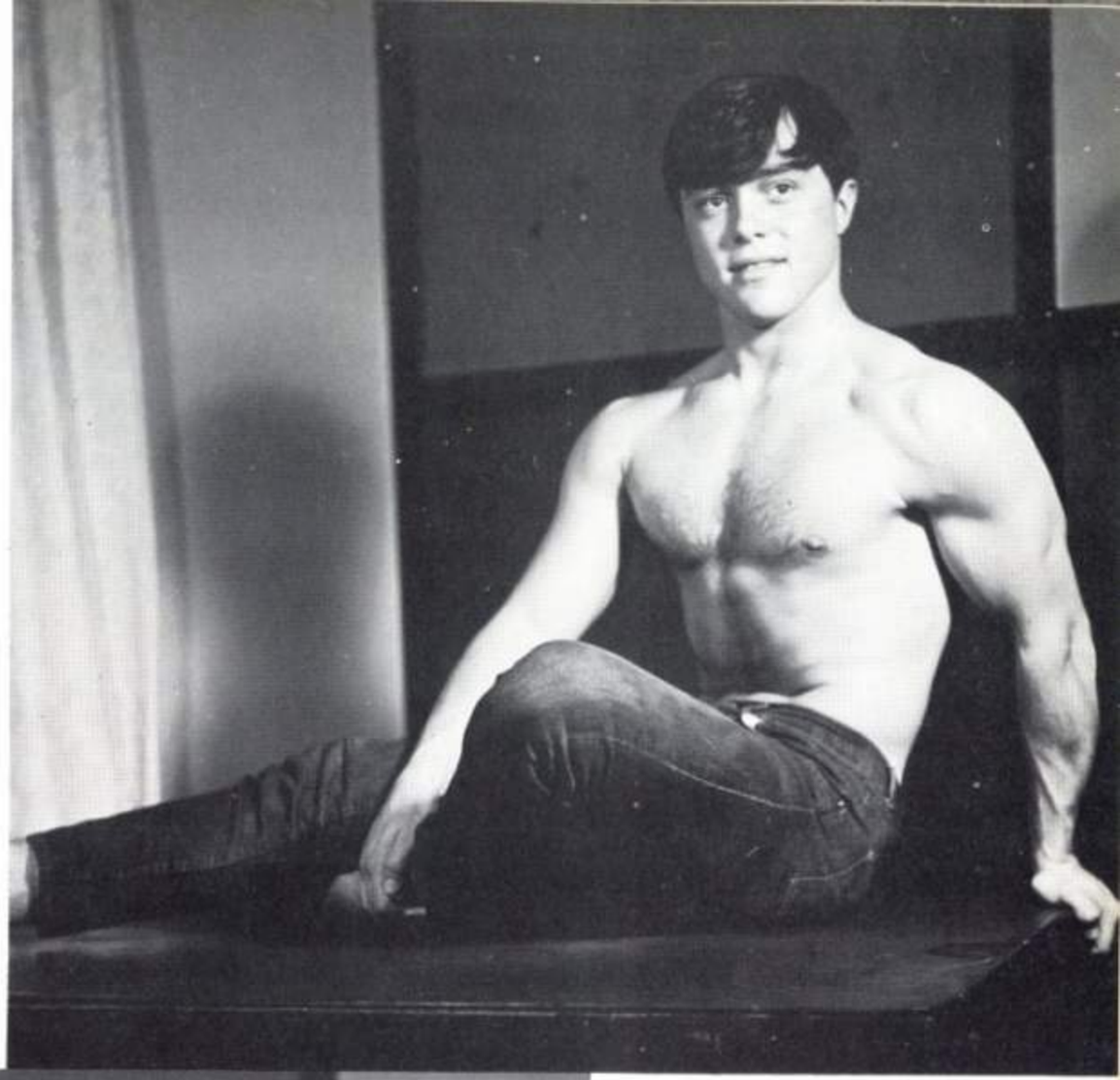
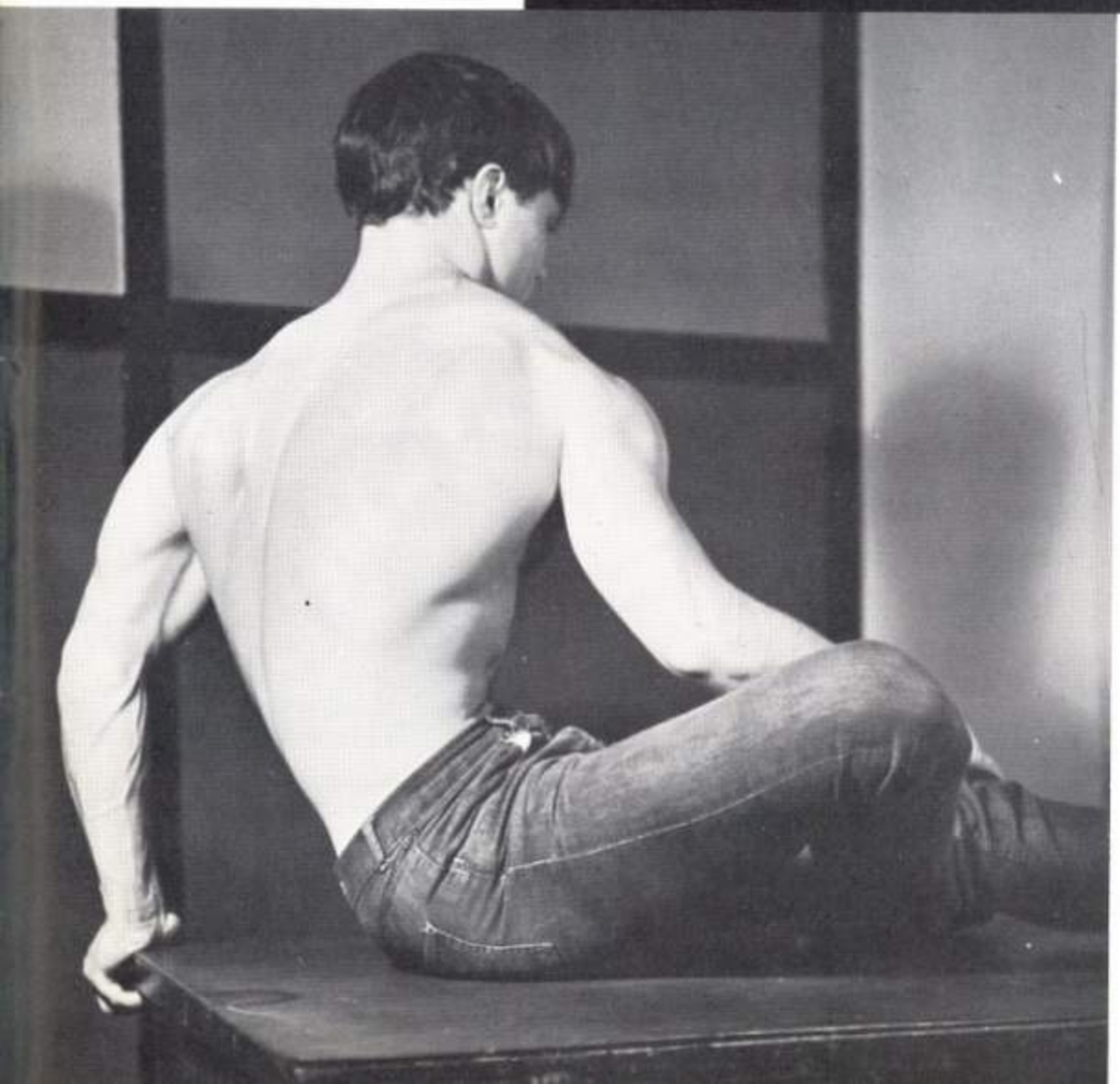
Mike is a Keen-Teen
Bodybuilder of
Great Promise





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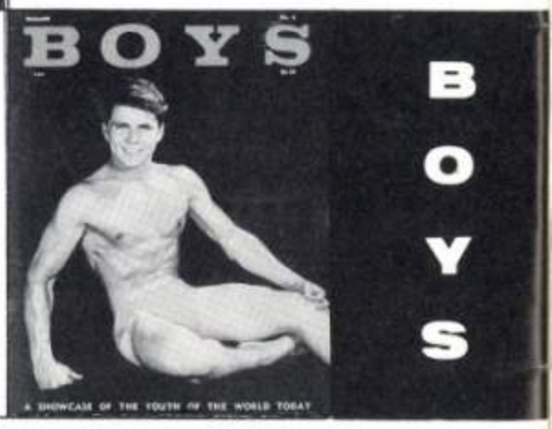

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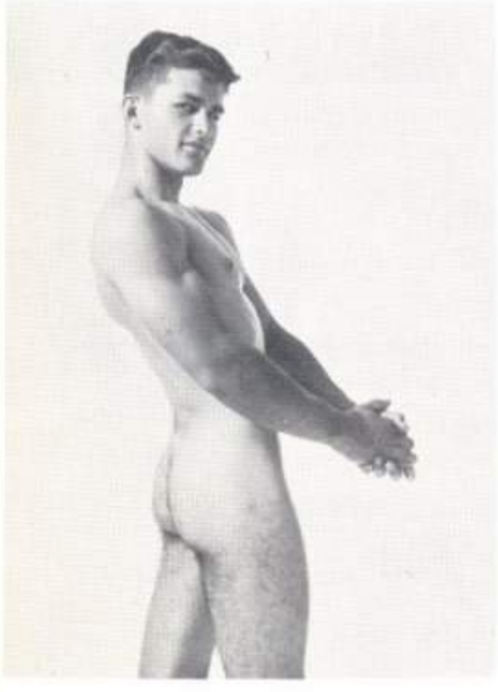

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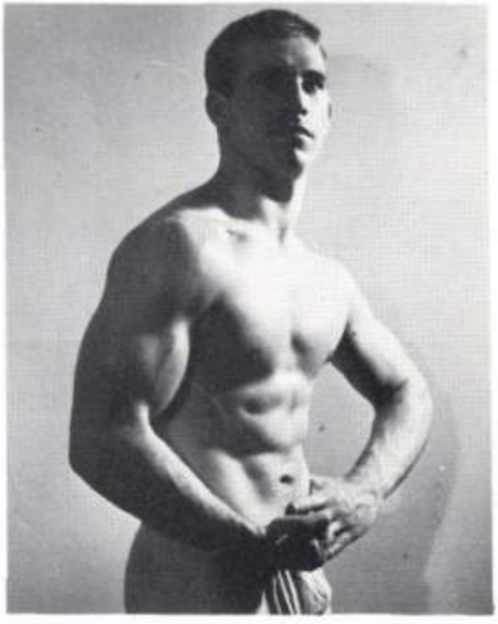
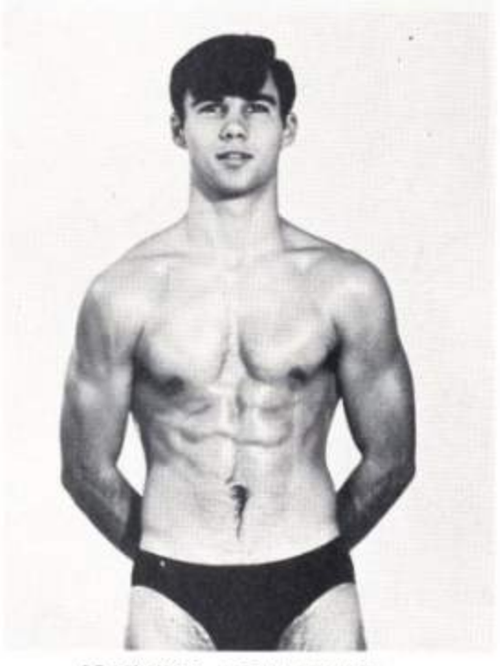


DEAN SUMMERS



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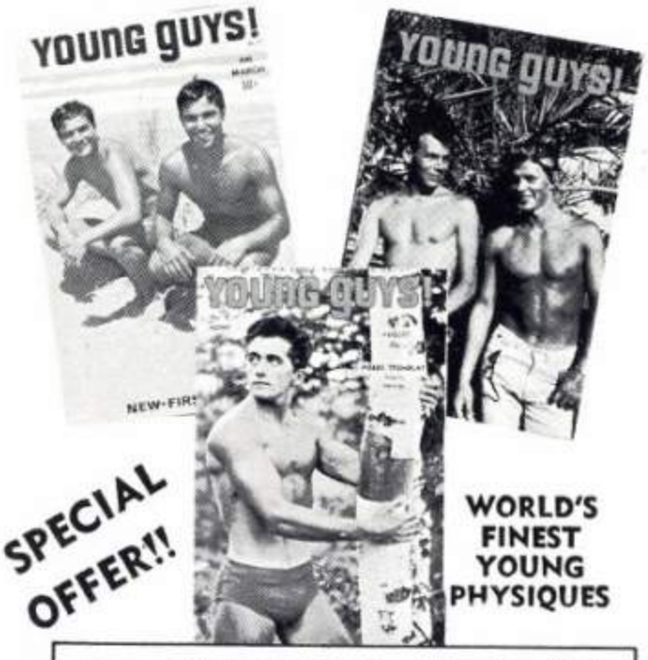

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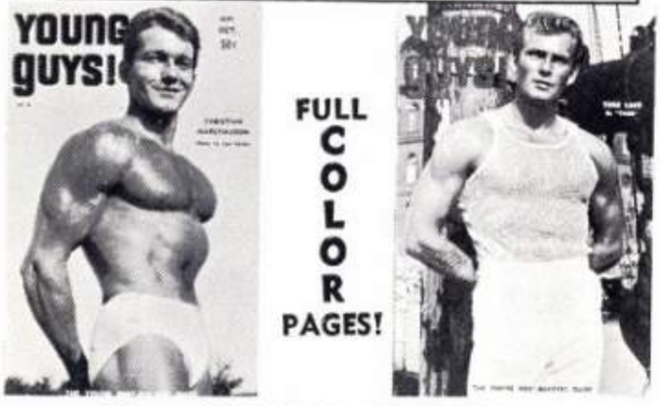

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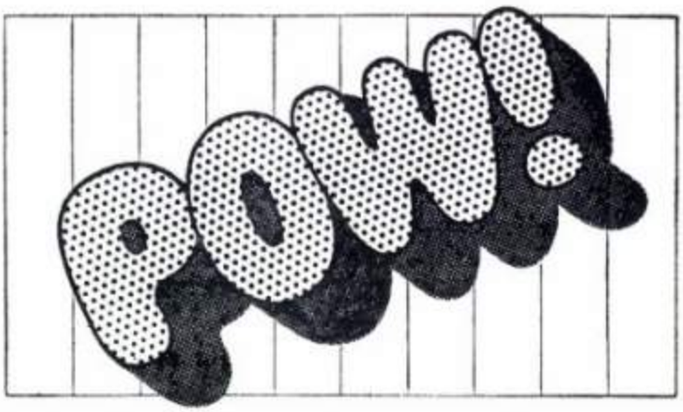

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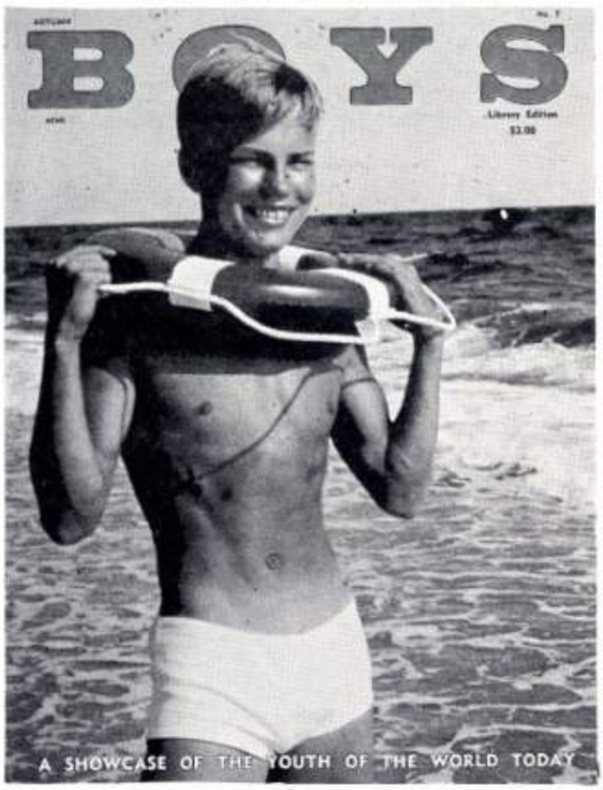

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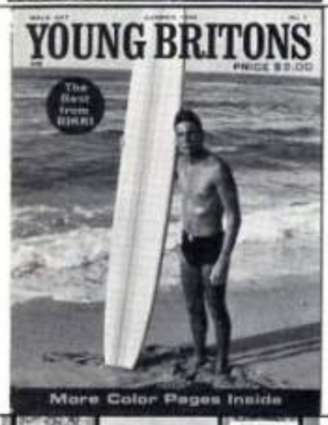

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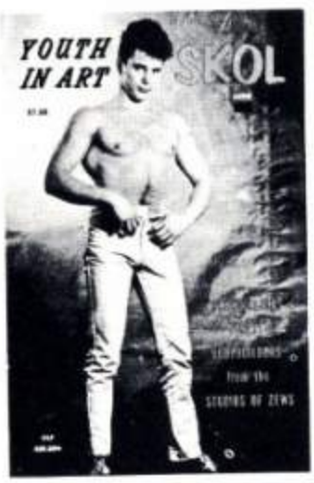

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